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ABSTRACT

This guide presents materials to improve understanding and communication between health care practitioners and patients or between teachers and learners. It contains descriptions of health education materials addressing issues of culture and low-literacy and has information written in languages other than English. It includes materials not found in the original publication, "Health and Literacy Compendium." The guide is divided into six sections: background information (books that give insight into sensitive communication with people from other cultures or ways to address health and culture in the classroom); fact books, readers, and stories (with specific health information in simple English or languages other than English); bibliographies and resource guides; curricula and workbooks to teach health topics to people who are just learning English or have limited literacy skills); videos and audiocassettes; and Web sites with information or lists of materials for people working with immigrants or adults with limited literacy skills. The alphabetical index lists materials in both English and other languages. (Adjunct ERIC Clearinghouse for ESL Literacy Education) (SM)

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Culture, Health and Literacy

A Guide to Health Education Materials for Adults with Limited English Literacy Skills

Authored by Julie McKinney and Sabrina Kurtz-Rossi

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This guide is also available in print. You can order a free copy by sending e-mail to jmckinney@worlded.org or by calling World Education at (617) 482-9485.

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History

In 1998, World Education developed the Health and Literacy Compendium in collaboration with the National Institute for Literacy with a generous grant from Metropolitan Life Foundation.... read more.

Materials Selection

We looked for materials that could improve the understanding and communication between health care practitioners and patient, or between teacher and learner.... read more.

A Word About Non-English Materials

Many of the health education materials listed in this guide are in languages other than English.... read more.

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This guide is divided into the following sections.... read more.

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Introduction

History

In 1998, World Education developed the *Health and Literacy Compendium* in collaboration with the National Institute for Literacy with a generous grant from Metropolitan Life Foundation. The Compendium is an annotated bibliography of low-literacy health education materials. It is designed to help both adult literacy and health care practitioners find health education materials appropriate for use with adults with limited literacy skills. The *Health and Literacy Compendium* is available in hard copy as well as a Web document. You may visit the on-line version of the Compendium at

http://www.worlded.org/us/health/docs/comp/

In 1999, the National Institute for Literacy and Metropolitan Life Foundation provided World Education with additional funding to expand the Compendium and enhance dissemination. To identify gaps in content and prioritize areas for expansion, World Education brought together a diverse group of key informants and developed a Compendium user survey. Based on this feedback, we decided to focus our first expansion of the Compendium on issues of culture, health and literacy.

Culture, Health and Literacy: A Guide to Health Education Materials for Adults with Limited English Literacy Skills is designed as an addendum or addition to the *Health and Literacy Compendium*. It contains descriptions of health education materials addressing issues of culture and low-literacy, and has information written in languages other than English. The Compendium also contains many materials you may find useful in your work with people from different cultures. Culture, Health and Literacy is to be used in addition to the Compendium, for it includes materials not already described in the original Compendium. If you do not have a copy of the *Health and Literacy Compendium*, please call the National Institute for Literacy at 202.233.2055 or World Education's Literacy and Health Initiative at 617.482.9485.

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Introduction

Materials Selection

We looked for materials that could improve the understanding and communication between health care practitioner and patient, or between teacher and learner. We also looked for direct health education materials that were easy to understand or written in languages other than English. We favored those materials or curricula that encourage interaction, student/ patient input, and critical thinking.

A variety of criteria were considered when selecting these materials. We tried to ensure that all materials provide up-to-date information and are free from obvious stereotypes. We included only materials that are free or low-cost, and available by mail or on the Web. Background materials had to address issues of culture and health, and health education materials had to be written in simple English or available in languages other than English. We also looked for guides addressing issues of culture or health in an adult education classroom. There are also bibliographies and resource guides that you can use to further your own search. Selected videos are ones that bring health messages to multicultural audiences. We looked for locally produced materials that were written for and by specific cultural communities.

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A Word About Non-English Materials

Many of the health education materials listed in this guide are in languages other than English. While we made basic assessments of the English and Spanish materials, (quality of writing, reading level, and the accuracy of the information,) we were unable to do so for most of the other languages. If available, we assessed the English version of a material for accuracy, content, and obvious stereotypes, but we realize this kind of assessment is limited.

Therefore, we want to encourage you to explore and question the non-English materials included in the guide. We suggest you review the material with a native speaker before using it with students or patients. Having a native speaker review the material is the best way to ensure that the information and writing are accurate and appropriate.

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Introduction

How To Use This Guide

This guide is divided into the following sections:

- **Background Information:** books that give insight on sensitive communication with people from other cultures, or ways to address health and culture in a classroom.
- **Fact Books, Readers, and Stories:** health education booklets that give specific health information in simple English, or in languages other than English.
- **Bibliographies and Resource Guides:** guides to help find resources for specific ethnic populations, or health education materials in languages other than English.
- **Curricula and Workbooks:** curricula that can be used to teach health topics to people who are just learning English or have limited literacy skills.
- **Videos and Audiocassettes:** multi-media health education materials intended for people from different cultures.
- **Websites:** Websites with information or lists of materials for people working with immigrants or adults with limited literacy skills.

In order to find the materials you need, we suggest you begin by looking for materials using the subject and language indices. For example, if you need information about maternal health in Vietnamese, look up "Maternal and Child Health" in the subject index or "Vietnamese" in the language index. If you do not find what you are looking for, turn to the Bibliographies and Resource Guides and Websites sections for additional listings of resources.

Materials are listed alphabetically by title within each section. Contact information is included with each citation, including phone number, address, e-mail and website address. To order materials, call or write for ordering information. The prices are also listed but are subject to change. You can often download a publications list, order form, and sometimes the whole text of a material free of cost from the website.

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Definition of Terms

Adult Education: Any kind of education for adults.

Adult Basic Education (ABE): Adult education that includes reading, writing, and math skills at a level below high school completion. Often, these classes include speakers of other languages who have advanced beyond ESL or ESOL classes.

Cross-cultural: Dealing with, or bridging the gap between, different cultures. Thus, "cross-cultural communication" is when a person from one culture communicates with someone from a different culture.

Cultural Competency: The ability of a service provider or educator to address the needs of their recipient populations in a way that acknowledges and is sensitive to their cultural differences. This includes finding ways to communicate in a manner that is culturally and linguistically appropriate.

Culture: The shared characteristics of a group of people, which may include patterns of behavior, beliefs, customs, traditions, artistic expression, and language.

Easy-to-read, Simple language, or Plain language: Different people have different views of what is "easy-to-read," or what is written in "simple language." However, these terms are generally used to describe writing that is below an eighth-grade reading level. Materials described in this way will often have large font and a format that shows a lot of white space on the page, making it easier for people with limited literacy skills to follow.

English as a Second Language (ESL) or English for Speakers of Other Languages (ESOL): Instruction for immigrants, refugees, or other adults whose primary language is not English to improve speaking, reading, and writing skills in English.

Ethnic: Relating to a particular group that is defined by factors that may include race, religion, nationality, ancestry, or culture.

Grade Level or Reading Level: In the U.S., this term is used to describe the average reading skills expected after each year of school in the public school system. It is also applied to written material that we expect students at each level to understand. It is not as accurate for adults who have life experience and knowledge that allow them to understand higher-level vocabulary. However, it is often used as a

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standard way to describe how easy a text is to understand.

Literacy: A person's ability to use reading and writing for communication or learning. Note that literacy can apply to different written languages. A person's literacy in English may be low, while their literacy in their primary language may be high.

Low Literacy or Limited Literacy: An inability to read or write well enough to perform necessary tasks in society or on the job. In the U.S., this is generally categorized as having a reading level at or below seventh grade. "Low-literacy materials" are those that are written in simple language and can be understood by people with limited literacy skills.

Multicultural: Relating to or intended for different individual cultures.

Participatory Education: Education that encourages learners to be partners with teachers in shaping the educational experience. This kind of education fosters an atmosphere of respect and comfort between teachers and students, and draws on the students' experiences to be catalysts for learning and social action.

Primary Language or Home Language: The language first taught and most used in the home during childhood.

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Background Information

The materials in this section address the challenges of communicating with people from different cultures. They focus on the communication between either health care practitioners or teachers, and the immigrants with whom they work. Some materials give examples and stories about culture-clash in a health care setting, or give advice on developing health education messages targeted to people from other cultures. Other materials describe how to draw on and validate adult learners' cross-cultural experiences, how to address cultural awareness in an adult education classroom, and how to recognize and address mental distress resulting from refugee experiences. Some of the books also include ideas for classroom activities and lessons. You may want to check the **Websites** section, for sites that include more background information about the health needs of people from different cultures.

- Cultural Adjustment, Mental Health, and ESL: The Refugee Experience, the Role of the Teacher, and ESL Activities
- Cultural Awareness Teaching Techniques
- Culture and the Clinical Encounter: An Intercultural Sensitizer for the Health Professions
- Culture & Nursing Care: A Pocket Guide
- Learners' Lives as Curriculum: Six Journeys to Immigrant Literacy
- The Spirit Catches You and You Fall Down: A Hmong Child, Her American Doctors, and the Collision of Two Cultures
- Technical Assistance Bulletins: Developing Effective Messages and Materials for Hispanic/Latino Audiences and Communicating Appropriately with Asian and Pacific Islander Audiences

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Materials

Fact Books, Readers and Stories

This section includes a broad range of health education materials. Some are small fact books of six pages giving basic information. Others are manuals of 100 pages or more giving more comprehensive information. A wide variety of health topics are represented. If you are looking for information on a health topic for a specific audience, please look through the **Bibliographies and Resource Guides** and **Websites** sections for additional listings of resources.

We chose materials that target different cultural groups and are either easy-to-read or available in languages other than English. The descriptions say in which languages the material is available and comment on the reading level in English. We use the term "very easy-to-read" to refer to a text written in the simplest language, most appropriate for someone with very limited English literacy. The term "moderately easy-to-read" describes text that contains some higher level vocabulary and grammar constructions. We also comment on type size and amount of pictures and white space.

- Accessing Health Care
- Anthology of Traditional Tobacco Stories
- Baby & Me: The Essential Guide to Pregnancy
- Cancer Among Native American Men
- The Change Agent
- De corazón a corazón: Guía bilingüe para organizar una charla/ From Heart to Heart: A Bilingual Group Discussion Guide
- De madre a madre/ From Mother to Mother: Prenatal Care Photonovel Series
- Diabetes Booklet Series
- Easy-To-Read Booklets in Spanish and English on Preventing Heart Disease
- Family Planning
- Growth and Development
- Guía ilustrada para el uso seguro de pesticidas (An Illustrated Guide for the Safe Use of Pesticides)

Bibliographies and Resource Guides

This section contains bibliographies and resource guides that can help you find printed resources intended for a specific cultural audience, or for a limited-literacy population. They list educational materials that you can order, organizations where you can get further information and guidance, and journal articles or special reports about health issues in the target population.

Please also go to the **Websites** section for some excellent Websites which are primarily bibliographies and resource guides. Many of them allow you to search for materials by health topic or by language, and many have direct links to the organizations and materials they list.

- Directory of Plain Language Health Information
- Health and Literacy Compendium: An annotated bibliography of print and Web-based health materials for use with limited-literacy adults
- Pocket Guide to Minority Health Resources
- Sources of Health Materials on Minority Health
- Substance Abuse Resource Guides

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- Healthy Mothers, Healthy Babies
- A Healthy Mouth For Your Baby / Un boca saludable para su bebé
- Heart-Healthy Home Cooking: African American Style
- Hepatitis Booklet Series
- Improving Cardiovascular Health in African Americans
- Managed Care and You: A Simple Guide to Choosing and Using a Managed Care Health Plan
- Native Nutrition Circles: An Anthology of American Indian Stories
- ¡Platillos latinos sabrosos y saludables! / Delicious Heart-Healthy Latino Recipes
- Prostate Cancer: What Every Man Should Know / El cáncer de próstata: Lo que todo hombre debe saber
- Protect Your Family and Yourself from Carbon Monoxide Poisoning
- Rankont Bouki ak Malis: Yon Istwa sou Sigarét (A Tale of Bouki and Malis)
- Safety for Babies and Children
- Spanish/English Pictorial Recipes
- ¡Su familia se merece los mejores alimentos! (Your Family Deserves the Best Foods!)
- ¿Tengo artritis? / Do I Have Arthritis? A bilingual booklet in English and Spanish
- Traditional Foods Can Be Healthy
- Tres cosas lindas hay en la vida (Three Beautiful Things in Life)
- Vamos Falar Sobre o Fumo: Talves Voce Devesse Parar De Fumar! (Let's Talk About Smoking. Perhaps You Should Quit!)
- Workers' Guide to Toxics on the Job / Guia para los trabajadores que usan tóxicos en el trabajo
- You Can Do Something About Secondhand Smoke

Curricula and Workbooks

This section lists curricula, workbooks, and training manuals for teaching health-related topics that are targeted to multicultural learners or have components in languages other than English. Some have teacher's guides and learner handouts in different languages. Others list vocabulary words in several languages within the English text. Some of these curricula are intended for use in ESOL or literacy classrooms, some are appropriate for health promotion in community settings, and others are meant for specific workplace-based safety trainings.

All curricula listed in this section have teacher's manuals and lesson plans on health topics. They all have components that make them appropriate for people from different cultures, people who speak languages other than English, or people who have limited literacy skills. Many of the curricula take a participatory approach to teaching by drawing as much as possible on the experiences of the learners. Many are easy-to-follow for the teacher, and have easy-to-read materials for the learners.

- Cultural Awareness Teaching Techniques
- Food for the Body and Mind
- Health Literacy Curriculum
- Health and Safety Training Kits: Protecting Workers From Job Hazards and How Chemicals Affect the Body
- Learners' Lives as Curriculum: Six Journeys to Immigrant Literacy
- Protect Yourself From Pesticides: A Guide For Pesticide Handlers / Protéjase de los pesticidas: guía para los que manejan pesticidas
- Reduce Reuse Recycle: ESL Textbook/Workbook
- Toxics on the Job: Protecting Your Health
- What the Health! A Literacy and Health Resource for Youth

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Videos and Audiocassettes

This section lists health education videos and audiocassettes that address different cultures or present a health topic in languages other than English. *Other Colors: Stories of Women Immigrants* is listed here because it is a unique resource that includes an audiocassette with interviews of immigrant women.

- Accessing Health Care
- De Corazón a Corazón: Guía Bilingüe Para Organizar Una Charla / From Heart to Heart: A Bilingual Group Discussion Guide
- Learners' Lives as Curriculum: Six Journeys to Immigrant Literacy
- Other Colors: Stories of Women Immigrants
- Safety for Babies and Children
- Taking Control of Your Health: The Pap Test and Cervical Cancer
  An Intertribal Video on the Early Detection of Cervical Cancer for American Indian Women
- VIH, el embarazo y AZT: Su salud, su bebé, su decisión (HIV, Pregnancy and AZT: Your Health, Your Baby, Your Decision)

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Websites

The Internet has an endless number of possibilities for finding information. There is also an increasing number of Web materials in languages other than English. The sites listed in this section are good starting points, but they will undoubtedly lead you to many more materials about culture, health, and literacy. We encourage you to spend some time searching the Web for materials that suit the specific needs of your clients, your students, or yourselves. It is quite likely that you will find what you need!

Websites often change in their content, scope, and even existence. If you have trouble finding a site, try looking up the organizational contact information (phone number and mailing address) in the **Organizations and Agencies** section.

- Association of Asian Pacific Community Health Organizations (AAPCHO)
- Boston Chinatown Neighborhood Center
- Cross Cultural Health Care Program (CCHCP)
- Current Bibliographies in Medicine / Health Literacy
- Diversity Rx
- Ethnic Health Resource List
- Health Education and Adult Literacy: Breast and Cervical Cancer (HEAL·BCC)
- Multicultural Web Links
- Multilingual Health Education Net
- National Cancer Institute (NCI)
- National Institutes of Health (NIH)
- Native C.I.R.C.L.E. (Cancer Information Resource Center and Learning Exchange)
- Non-English Language & Health Literacy Resources
- System for Adult Basic Education Support (SABES)

- Transcultural and Multicultural Health Links
- United States Pharmacopeial Convention, Inc. (USP)

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Organizations and Agencies

Listed in this section are organizations and agencies that support cross-cultural understanding or produce materials for multicultural audiences. All the organizations and agencies listed here have materials or websites described earlier in this guide. We include contact information as well as a description of the services they offer.

- Aprendo Press
- Bull Publishing Company
- Canadian Public Health Association
- Channing L. Bete Co., Inc
- Center for Substance Abuse Prevention (CSAP)
- Cross Cultural Health Care Program (CCHCP)
- Healthy Mothers, Healthy Babies Coalition of Washington State
- "IAQ-INFO" Indoor Air Quality Information Clearinghouse
- Intercultural Press
- Labor Occupational Health Program (LOHP)
- Lutheran Settlement House Women's Program
- Massachusetts Tobacco Education Clearinghouse (MTEC)
- Multi-Cultural Educational Services
- National Cancer Institute (NCI)
- National Clearinghouse for Alcohol and Drug Information (NCADI)
- National Institute for Literacy (NIFL)
- National Institutes of Health (NIH)
- Native C.I.R.C.L.E. (Cancer Information Resource Center and Learning Exchange)
- Office of Minority Health Resource Center (OMHRC)

- Oregon State University Extension Service
- Pro Lingua Associates
- Spring Institute for International Studies
- World Education

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Indices

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Subject

The keywords after each citation are indexed here. If you are interested in materials about a particular subject, such as HIV/AIDS, search here to see what is included.... read more.

Language

The materials listed here are health education materials in languages other than English. We also included resource guides or Websites that allow you to search for materials by language .... read more.

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Subject

The keywords after each citation are indexed here. If you are interested in materials about a particular subject, such as HIV/AIDS, search here to see what is included. We also list the cultural groups, such as African Americans or Latin Americans, for whom materials are available. If you are looking for a material in a specific language or for a cultural group not indexed here, please try the **Language** index.

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Adult Education (see ESOL, Literacy Education)

Advocacy

- The Change Agent
- Cultural Adjustment, Mental Health, and ESL: The Refugee Experience, the Role of the Teacher, and ESL Activities
- Diversity Rx
- Managed Care and You: A Simple Guide to Choosing and Using a Managed Care Health Plan
- System for Adult Basic Education Support (SABES)
- Toxics on the Job: Protecting Your Health
- Workers' Guide to Toxics on the Job/ Guía para los trabajadores que usan tóxicos en el trabajo

African Americans

- Culture and the Clinical Encounter: An Intercultural Sensitizer for the Health Professions
- Culture & Nursing Care: A Pocket Guide
- Heart-Healthy Home Cooking: African American Style
- Improving Cardiovascular Health in African Americans
- Pocket Guide to Minority Health Resources
- Sources of Health Materials on Minority Health
- Substance Abuse Resource Guides
- Transcultural and Multicultural Health Links
-

Agricultural Laborers

- Guía ilustrada para el uso seguro de pesticidas (An Illustrated Guide for the Safe Use of Pesticides)
- Protect Yourself From Pesticides: A Guide For Pesticide

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Handlers/ Pesticidas: Guía para los que manejan pesticidas

AIDS/HIV

- Health and Literacy Compendium
- VIH, el embarazo y AZT: Su salud, su bebé, su decisión (HIV, Pregnancy, and AZT: Your Health, Your Baby, Your Decision)

Alaska Natives (see Native Americans/Alaska Natives)

American Indians (see Native Americans/Alaska Natives)

Arthritis

- ¿Tengo artritis?/ Do I Have Arthritis? A bilingual booklet in English and Spanish

Asian Americans

- Association of Asian Pacific Community Health Organizations (AAPCHO)
- Boston Chinatown Neighborhood Center
- Cross Cultural Health Care Program (CCHCP)
- Culture and the Clinical Encounter: An Intercultural Sensitizer for the Health Professions
- Culture & Nursing Care: A Pocket Guide
- Ethnic Health Resource List
- Healthy Mothers, Healthy Babies
- Multilingual Health Education Net
- Non-English Language & Health Literacy Resources
- Pocket Guide to Minority Health Resources
- Protect Your Family and Yourself from Carbon Monoxide Poisoning
- Sources of Health Materials on Minority Health
- The Spirit Catches You and You Fall Down: A Hmong Child, Her American Doctors, and the Collision of Two Cultures
- Substance Abuse Resource Guides
- Technical Assistance Bulletins: Developing Effective Messages and Materials for Hispanic/Latino Audiences and Communicating Appropriately with Asian and Pacific Islander Audiences
- Transcultural and Multicultural Health Links

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Birth Control (see Contraception)

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Cancer

- Cancer Among Native American Men
- Health Education and Adult Literacy: Breast and Cervical Cancer (HEAL:BCC)
- Health and Literacy Compendium

- Health Literacy Curriculum
- National Cancer Institute (NCI)
- Native C.I.R.C.L.E. (Cancer Information Resource Center and Learning Exchange)
- Prostate Cancer: What Every Man Should Know/ El cáncer de próstata: Lo que todo hombre debe saber
- Taking Control of Your Health: The Pap Test and Cervical Cancer

Cardiovascular Disease

- De corazón a corazón: Guia bilingüe para organizar una charla/ From Heart to Heart: A Bilingual Group Discussion Guide
- Easy-To-Read Booklets in Spanish and English on Preventing Heart Disease
- Heart-Healthy Home Cooking: African American Style
- Improving Cardiovascular Health in African Americans
- ¡Platillos latinos sabrosos y saludables!/ Delicious Heart-Healthy Latino Recipes
- ¡Su familia se merece los mejores alimentos! (Your Family Deserves the Best Foods!)
- Tres cosas lindas hay en la vida (Three Beautiful Things in Life)

Children's Health

- Growth and Development
- Healthy Mothers, Healthy Babies
- A Healthy Mouth For Your Baby/ Un boca saludable para su bebé
- Safety for Babies and Children
- The Spirit Catches You and You Fall Down: A Hmong Child, Her American Doctors, and the Collision of Two Cultures

Childbearing (see Maternal and Child Health)

Contraception

- Health and Literacy Compendium
- Family Planning

Cross-cultural Communication

- Accessing Health Care
- Association of Asian Pacific Community Health Organizations (AAPCHO)
- The Change Agent
- Cross Cultural Health Care Program (CCHCP)
- Cultural Adjustment, Mental Health, and ESL: The Refugee Experience, the Role of the Teacher, and ESL Activities
- Cultural Awareness Teaching Techniques
- Culture and the Clinical Encounter: An Intercultural Sensitizer for the Health Professional
- Culture & Nursing Care: A Pocket Guide
- Current Bibliographies in Medicine/Health Literacy
- Diversity Rx
- Health and Literacy Compendium
- Learners' Lives as Curriculum: Six Journeys to Immigrant Literacy

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- Multicultural Web Links
- Other Colors: Stories of Women Immigrants
- The Spirit Catches You and You Fall Down: A Hmong Child, Her American Doctors, and the Collision of Two Cultures
- Technical Assistance Bulletins: Developing Effective Messages and Materials for Hispanic/Latino Audiences and Communicating Appropriately with Asian and Pacific Islander Audiences

Demographics

- Culture & Nursing Care: A Pocket Guide
- Diversity Rx

Dental Health (see Oral Health)

Diabetes

- Diabetes Booklet Series
- Health and Literacy Compendium
- Health Literacy Curriculum

Domestic Violence

- Health and Literacy Compendium
- Other Colors: Stories of Women Immigrants

Drug Abuse (see Substance Abuse)

Drugs/legal (see Medicine Use)

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Environmental Health

- Guía ilustrada para el uso seguro de pesticidas (An Illustrated Guide for the Safe Use of Pesticides)
- Health and Literacy Compendium
- Health Literacy Curriculum
- Health and Safety Training Kits: Protecting Workers From Job Hazards and How Chemicals Affect the Body
- Protect Your Family and Yourself from Carbon Monoxide Poisoning
- Protect Yourself From Pesticides: A Guide For Pesticide Handlers/ Protéjase de los pesticidas: Guía para los que manejan pesticidas
- Reduce Reuse Recycle: ESL Textbook/Workbook
- Toxics on the Job: Protecting Your Health
- Workers' Guide to Toxics on the Job/ Guía para los trabajadores que usan tóxicos en el trabajo

ESL (see ESOL)

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ESOL

- Boston Chinatown Neighborhood Center
- The Change Agent
- Cultural Adjustment, Mental Health, and ESL: The Refugee Experience, the Role of the Teacher, and ESL Activities
- Cultural Awareness Teaching Techniques
- Food for the Body and Mind
- Health and Literacy Compendium
- Health Education and Adult Literacy: Breast and Cervical Cancer (HEAL:BCC)
- Health Literacy Curriculum
- Learners' Lives as Curriculum: Six Journeys to Immigrant Literacy
- Multicultural Web Links
- Other Colors: Stories of Women Immigrants
- Reduce Reuse Recycle: ESL Textbook/Workbook
- System for Adult Basic Education Support (SABES)

Exercise

- Easy-To-Read Booklets in Spanish and English on Preventing Heart Disease
- Health and Literacy Compendium
- Improving Cardiovascular Health in African Americans
- Tres cosas lindas hay en la vida (Three Beautiful Things in Life)
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Farmworkers (see Agricultural Laborers)

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Health Beliefs (see Cross-cultural communication)

Health Care Access

- Accessing Health Care
- Association of Asian Pacific Community Health Organizations (AAPCHO)
- Baby & Me: The Essential Guide to Pregnancy
- Boston Chinatown Neighborhood Center
- Cross Cultural Health Care Program (CCHCP)
- Diversity Rx
- Family Planning
- Healthy Mothers, Healthy Babies
- Managed Care and You: A Simple Guide to Choosing and Using a Managed Care Health Plan
- Taking Control of Your Health: The Pap Test and Cervical Cancer

Health Status (see Demographics)

Heart Disease (see Cardiovascular Disease)

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Hepatitis

- Hepatitis Booklet Series

Hispanic Americans (see Latin Americans)

HIV (see AIDS/HIV)

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Immigrants

- The Change Agent
- Learners' Lives as Curriculum: Six Journeys to Immigrant Literacy
- Cultural Adjustment, Mental Health, and ESL: The Refugee Experience, the Role of the Teacher, and ESL Activities
- Health and Literacy Compendium
- Other Colors: Stories of Women Immigrants
- The Spirit Catches You and You Fall Down: A Hmong Child, Her American Doctors, and the Collision of Two Cultures

Intercultural Communication (see Cross-cultural Communication)

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Latin Americans (see Spanish Language Materials in the Language Index)

- Culture and the Clinical Encounter: An Intercultural Sensitizer for the Health Professions
- Culture & Nursing Care: A Pocket Guide
- Ethnic Health Resource List
- Multilingual Health Education Net
- Non-English Language & Health Literacy Resources
- Pocket Guide to Minority Health Resources
- Sources of Health Materials on Minority Health
- Substance Abuse Resource Guides
- Technical Assistance Bulletins: Developing Effective Messages and Materials for Hispanic/Latino Audiences and Communicating Appropriately with Asian and Pacific Islander Audiences
- Transcultural and Multicultural Health Links

Legal Rights (see Advocacy)

Literacy Education

- The Change Agent
- Cultural Adjustment, Mental Health, and ESL: The Refugee Experience, the Role of the Teacher, and ESL Activities
- Current Bibliographies in Medicine/Health Literacy
- Directory of Plain Language Health Information
- Food for the Body and Mind
- Health Education and Adult Literacy: Breast and Cervical

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Cancer (HEAL BCC)
- Health and Literacy Compendium
- Health Literacy Curriculum
- Learners' Lives as Curriculum: Six Journeys to Immigrant Literacy
- Multicultural Web Links
- Other Colors: Stories of Women Immigrants
- System for Adult Basic Education Support (SABES)
- What the Health! A Literacy and Health Resource for Youth

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Materials Development

- Cross Cultural Health Care Program (CCHCP)
- Diversity Rx
- Health and Literacy Compendium
- Technical Assistance Bulletins: Developing Effective Messages and Materials for Hispanic/Latino Audiences and Communicating Appropriately with Asian and Pacific Islander Audiences

Maternal and Child Health

- Baby & Me: The Essential Guide to Pregnancy
- Culture & Nursing Care: A Pocket Guide
- De madre a madre/ From Mother to Mother: Prenatal Care Photonovel Series
- Healthy Mothers, Healthy Babies
- VIH, el embarazo y AZT: Su salud, su bebé, su decisión (HIV, Pregnancy, and AZT: Your Health, Your Baby, Your Decision)

Medical Care (see Health Care Access)

Medicine Use

- Diabetes Booklet Series
- United States Pharmacopeial Convention, Inc. (USP)
- VIH, el embarazo y AZT: Su salud, su bebé, su decisión (HIV, Pregnancy, and AZT: Your Health, Your Baby, Your Decision)

Mental Health

- Cultural Adjustment, Mental Health, and ESL: The Refugee Experience, the Role of the Teacher, and ESL Activities
- Managed Care and You: A Simple Guide to Choosing and Using a Managed Care Health Plan

Men's Health

- Cancer Among Native American Men
- Guía ilustrada para el uso seguro de pesticidas (An Illustrated Guide for the Safe Use of Pesticides)
- Prostate Cancer: What Every Man Should Know/ El cáncer de próstata: Lo que todo hombre debe saber
- Protect Yourself From Pesticides: A Guide For Pesticide

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Handlers/ Protéjase de los pesticidas: Guía para los que manejan pesticidas
- Toxics on the Job: Protecting Your Health

Migrant Workers (see Agricultural Laborers)

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Native Americans/Alaska Natives

- Anthology of Traditional Tobacco Stories
- Cancer Among Native American Men
- Culture and the Clinical Encounter: An Intercultural Sensitizer for the Health Professions
- Culture & Nursing Care: A Pocket Guide
- Native C.I.R.C.L.E. (Cancer Information Resource Center and Learning Exchange)
- Native Nutrition Circles: An Anthology of American Indian Stories
- Pocket Guide to Minority Health Resources
- Sources of Health Materials on Minority Health
- Substance Abuse Resource Guides
- Taking Control of Your Health: The Pap Test and Cervical Cancer
- Traditional Foods Can Be Healthy
- Transcultural and Multicultural Health Links

Nutrition

- De corazón a corazón: Guía bilingüe para organizar una charla/ From Heart to Heart: A Bilingual Group Discussion Guide
- De madre a madre/ From Mother to Mother: Prenatal Care Photonovel Series
- Diabetes Booklet Series
- Easy-To-Read Booklets in Spanish and English on Preventing Heart Disease
- Food for the Body and Mind
- Health and Literacy Compendium
- Health Literacy Curriculum
- Heart-Healthy Home Cooking: African American Style
- Improving Cardiovascular Health in African Americans
- Native Nutrition Circles: An Anthology of American Indian Stories
- ¡Platillos latinos sabrosos y saludables!/ Delicious Heart-Healthy Latino Recipes
- Spanish/English Pictorial Recipes
- ¡Su familia se merece los mejores alimentos! (Your Family Deserves the Best Foods!)
- Traditional Foods Can Be Healthy
- Tres cosas lindas hay en la vida (Three Beautiful Things in Life)
- What the Health! A Literacy and Health Resource for Youth

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Occupational Health and Safety

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- Guía ilustrada para el uso seguro de pesticidas (An Illustrated Guide for the Safe Use of Pesticides)
- Health and Literacy Compendium
- Health and Safety Training Kits: Protecting Workers From Job Hazards and How Chemicals Affect the Body
- Protect Yourself From Pesticides: A Guide For Pesticide Handlers/ Protéjase de los pesticidas: Guía para los que manejan pesticidas
- Toxics on the Job: Protecting Your Health
- Workers' Guide to Toxics on the Job/ Guía para los trabajadores que usan tóxicos en el trabajo

Oral Health

- A Healthy Mouth For Your Baby/ Un boca saludable para su bebé

Oral History

- Anthology of Traditional Tobacco Stories
- Cancer Among Native American Men
- Health and Literacy Compendium
- Native C.I.R.C.L.E. (Cancer Information Resource Center and Learning Exchange)
- Native Nutrition Circles: An Anthology of American Indian Stories

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Patient Rights (see Advocacy)

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Readability Formulas

- Current Bibliographies in Medicine/Health Literacy
- Directory of Plain Language Health Information

Recipes

- Food for the Body and Mind
- Health Literacy Curriculum
- Heart-Healthy Home Cooking: African American Style
- ¡Platillos latinos sabrosos y saludables!/ Delicious Heart-Healthy Latino Recipes
- Spanish/English Pictorial Recipes

Refugees (see Immigrants)

Religious Orientation

- Culture & Nursing Care: A Pocket Guide
- Transcultural and Multicultural Health Links

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Research Projects

- Cross Cultural Health Care Program (CCHCP)
- Current Bibliographies in Medicine/Health Literacy
- National Cancer Institute (NCI)
- National Institutes of Health (NIH)
- Substance Abuse Resource Guides
- Transcultural and Multicultural Health Links

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Secondhand Smoke (see Tobacco Education)

Smoking Cessation (see Tobacco Education)

Stroke (see Cardiovascular Disease)

Substance Abuse

- Health and Literacy Compendium
- Managed Care and You: A Simple Guide to Choosing and Using a Managed Care Health Plan
- Substance Abuse Resource Guides
- Technical Assistance Bulletins: Developing Effective Messages and Materials for Hispanic/ Latino Audiences and Communicating Appropriately with Asian and Pacific Islander Audiences
- What the Health! A Literacy and Health Resource for Youth

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Teaching (see ESOL, Literacy Education)

Tobacco Education

- Anthology of Traditional Tobacco Stories
- Easy-To-Read Booklets in Spanish and English on Preventing Heart Disease
- Health and Literacy Compendium
- Improving Cardiovascular Health in African Americans
- Rankont Bouki ak Malis: Yon Istwa sou Sigarèt (A Tale of Bouki and Malis)
- Substance Abuse Resource Guides
- Vamos Falar Sobre o Fumo: Talves Voce Devesse Parar De Fumar! (Let's Talk About Smoking: Perhaps You Should Quit!)
- What the Health! A Literacy and Health Resource for Youth
- Workers' Guide to Toxics on the Job/ Guía para los trabajadores que usan tóxicos en el trabajo
- You Can Do Something About Secondhand Smoke

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Women's Health

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- Baby & Me: The Essential Guide to Pregnancy
- De madre a madre/ From Mother to Mother: Prenatal Care Photonovel Series
- Family Planning
- Health Education and Adult Literacy: Breast and Cervical Cancer (HEAL:BCC)
- Health and Literacy Compendium
- Health Literacy Curriculum
- Healthy Mothers, Healthy Babies
- Learners' Lives as Curriculum: Six Journeys to Immigrant Literacy
- Other Colors: Stories of Women Immigrants
- Taking Control of Your Health: The Pap Test and Cervical Cancer
- VIH, el embarazo y AZT: Su salud, su bebé, su decisión (HIV, Pregnancy, and AZT: Your Health, Your Baby, Your Decision)

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Young Adults

- Rankont Bouki ak Malis: Yon Istwa sou Sigarèt (A Tale of Bouki and Malis)
- What the Health! A Literacy and Health Resource for Youth

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Language

The materials listed here are health education materials in languages other than English. We also included resource guides or websites that allow you to search for materials by language. Please try the **Bibliographies and Resource Guides** and **Websites** sections for more ideas. You can also try the **Subject** index, where you will find listings for some ethnic groups, such as Asian Americans, which do not represent a specific language group. Please note that only one organization separated the Chinese materials into Cantonese and Mandarin. Most are listed under Chinese.

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Arabic

- Growth and Development
- Reduce Reuse Recycle: ESL Textbook/Workbook
- Safety for Babies and Children

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Bosnian

- Accessing Health Care
- Family Planning
- Growth and Development
- Reduce Reuse Recycle: ESL Textbook/Workbook
- Safety for Babies and Children

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Cambodian/Khmer

- Association of Asian Pacific Community Health Organizations (AAPCHO)
- Ethnic Health Resource List
- Reduce Reuse Recycle: ESL Textbook/Workbook

Cantonese

- Association of Asian Pacific Community Health Organizations

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(AAPCHO)

Chinese

- Association of Asian Pacific Community Health Organizations (AAPCHO)
- Boston Chinatown Neighborhood Center
- Ethnic Health Resource List
- Health and Safety Training Kits: Protecting Workers From Job Hazards and How Chemicals Affect the Body
- Healthy Mothers, Healthy Babies
- Multilingual Health Education Net
- Protect Your Family and Yourself from Carbon Monoxide Poisoning
- Reduce Reuse Recycle: ESL Textbook/Workbook
- You Can Do Something About Secondhand Smoke

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Farsi/Persian

- Multilingual Health Education Net
- What the Health! A Literacy and Health Resource for Youth

French

- Multilingual Health Education Net
- What the Health! A Literacy and Health Resource for Youth

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Haitian Creole

- Rankont Bouki ak Malis: Yon Istwa sou Sigarèt (A Tale of Bouki and Malis)

Hindi

- Multilingual Health Education Net

Hmong

- Association of Asian Pacific Community Health Organizations (AAPCHO)
- Ethnic Health Resource List
- Growth and Development
- Reduce Reuse Recycle: ESL Textbook/Workbook
- Safety for Babies and Children

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Italian

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- Multilingual Health Education Net

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Khmer (see Cambodian/Khmer)

Korean

- Association of Asian Pacific Community Health Organizations (AAPCHO)
- Ethnic Health Resource List
- Health and Safety Training Kits: Protecting Workers From Job Hazards and How Chemicals Affect the Body
- Healthy Mothers, Healthy Babies
- Protect Your Family and Yourself from Carbon Monoxide Poisoning
- Reduce Reuse Recycle: ESL Textbook/Workbook

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Laotian

- Association of Asian Pacific Community Health Organizations (AAPCHO)
- Ethnic Health Resource List
- Growth and Development
- Safety for Babies and Children
- Reduce Reuse Recycle: ESL Textbook/Workbook

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Mandarin

- Association of Asian Pacific Community Health Organizations (AAPCHO)

Mien

- Association of Asian Pacific Community Health Organizations (AAPCHO)

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Nuer

- Accessing Health Care
- Family Planning
- Growth and Development
- Safety for Babies and Children

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Portuguese

- You Can Do Something About Secondhand Smoke
- Vamos Falar Sobre o Fumo: Talves Voce Devesse Parar De Fumar! (Let's Talk About Smoking: Perhaps You Should Quit!)

Punjabi

- Multilingual Health Education Net

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Russian

- Accessing Health Care
- Ethnic Health Resource List
- Family Planning
- Growth and Development
- Healthy Mothers, Healthy Babies
- Reduce Reuse Recycle: ESL Textbook/Workbook
- Safety for Babies and Children

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Samoan

- Association of Asian Pacific Community Health Organizations (AAPCHO)
- Ethnic Health Resource List

Somali

- Growth and Development
- Healthy Mothers, Healthy Babies
- Reduce Reuse Recycle: ESL Textbook/Workbook
- Safety for Babies and Children

Spanish

- Accessing Health Care
- Baby & Me: The Essential Guide to Pregnancy
- De corazón a corazón: Guía bilingüe para organizar una charla/ From Heart to Heart: A Bilingual Group Discussion Guide
- De madre a madre/ From Mother to Mother: Prenatal Care Photonovel Series
- Diabetes Booklet Series
- Easy-To-Read Booklets in Spanish and English on Preventing Heart Disease
- Ethnic Health Resource List
- Family Planning
- Growth and Development
- Guía ilustrada para el uso seguro de pesticidas (An Illustrated Guide for the Safe Use of Pesticides)
- Health Literacy Curriculum
- Health and Safety Training Kits: Protecting Workers From Job

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Hazards and How Chemicals Affect the Body
- Healthy Mothers, Healthy Babies
- A Healthy Mouth For Your Baby/ Un boca saludable para su bebé
- Hepatitis Booklet Series
- Multilingual Health Education Net
- National Cancer Institute (NCI)
- National Institutes of Health (NIH)
- Non-English Language & Health Literacy Resources
- ¡Platillos latinos sabrosos y saludables!/ Delicious Heart-Healthy Latino Recipes
- Pocket Guide to Minority Health Resources
- Prostate Cancer: What Every Man Should Know/ El cáncer de próstata: Lo que todo hombre debe saber
- Protect Yourself From Pesticides: A Guide For Pesticide Handlers/ Pesticidas: Guía para los que manejan pesticidas
- Reduce Reuse Recycle: ESL Textbook/Workbook
- Safety for Babies and Children
- Sources of Health Materials on Minority Health
- Spanish/English Pictorial Recipes
- ¡Su familia se merece los mejores alimentos! (Your Family Deserves the Best Foods!)
- Substance Abuse Resource Guides
- ¿Tengo artritis?/ Do I Have Arthritis? A bilingual booklet in English and Spanish
- Tres cosas lindas hay en la vida (Three Beautiful Things in Life)
- Workers' Guide to Toxics on the Job/ Guía para los trabajadores que usan tóxicos en el trabajo
- You Can Do Something About Secondhand Smoke

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Tagalog

- Association of Asian Pacific Community Health Organizations (AAPCHO)
- Ethnic Health Resource List

Thai

- Ethnic Health Resource List

Tongan

- Ethnic Health Resource List

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Vietnamese

- Association of Asian Pacific Community Health Organizations (AAPCHO)
- Ethnic Health Resource List
- Growth and Development
- Healthy Mothers, Healthy Babies
- Multilingual Health Education Net

- Protect Your Family and Yourself from Carbon Monoxide Poisoning
- Reduce Reuse Recycle: ESL Textbook/Workbook
- Safety for Babies and Children

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